

PREPARE FOR



# BACK

TO

# SCHOOL



Resources to help parents prepare their  
kids for optimal performance



## Fact Sheets

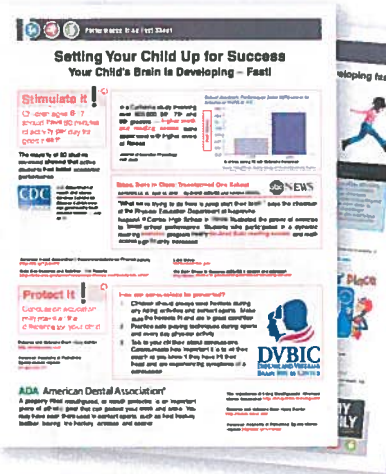
### Get the Facts



**Get the Facts!** Learn how **Sleep**, **Activity**, and **Nutrition** can positively influence your child's school performance. Provides information on how the Performance Triad can improve children's academic performance, physical health, and behavior.

English/Spanish

### School Success



**Setting Your Child Up for Success:** Includes facts, tips and links to help your child perform their best throughout the school year.

English/Spanish

### Sleep



**Sleep:** Highlights the importance of sleep for children's performance and well-being and provides tips for creating good sleep habits.

English/Spanish

### Activity



**Activity:** Presents facts on the importance of physical activity, weight training, and weight management for children.

English/Spanish

### Concussions



**Concussion:** Provides information for parents on what a concussion is and what to do if you suspect your child may have suffered a concussion.

English/Spanish

### Mouthguards



**Protect Your Child's Mouth during Physical Activity:** Highlights the importance of wearing a mouth guard during organized sports.

English/Spanish



## Refrigerator Magnets...Coming Soon

### Performance Triad Goals



**Reach the Performance Triad Targets and + Goals:** Defines the seven Performance Triad targets designed to help members of the Total Army Family reach their peak performance.

### Sleep Needs



**Sleep is Important at All Ages:** Outlines the sleep requirements for every member of the Total Army Family, from infancy to older adulthood.

## Poster...Coming Soon



**Back to School Be Ready!:** Provides tips for preparing children for the upcoming school year.



## Get the Facts!

# Learn How **Sleep**, **Activity**, and **Nutrition** Can Positively Influence Your Child's School Performance

### Academic Performance

- It feels good to do well in school. Did you know that children who are more active score better on tests and get better grades? Help your children choose some fun activities and have them choose an activity where they have to be active for at least 60 minutes every day! This equals about 11,000 to 13,000 steps a day and also can improve their grades!
- Did you know that children who get the right amount of sleep for their age, tend to do better academically. Their moods, balance and coordination are generally better and they think more clearly and remember things better too!
- Providing your children with good nutrition supports their ability to think and learn. The USDA's "MyPlate" is a great resource to easily understand how to achieve this goal.

### Physical Health and Performance

- Developing an active lifestyle when we are young has lifelong benefits. We know children who are active from a very early age have lower rates of injury, better bone health, and are less likely to become overweight or obese as adults.
- Putting your children to bed at night so they get enough sleep benefits everyone! You get a little more time to yourself and they get more sleep and positive benefits to their mental, emotional, and physical growth and development. We know sleep-deprived children are at higher risk for being overweight or obese. Not convinced? Without enough sleep, it is harder for children to produce enough of the hormones they need to promote normal growth and it takes longer for those cuts and bruises to heal!

- A well-balanced diet reduces a child's risk of being overweight or obese. It strengthens their muscles and bones, and it improves their overall energy levels.

### Behavior

- We can all move more throughout the day! Encourage your child to get 60 minutes or more of play and activity during the day. This reduces stress and anxiety in children. Children who are well rested are just more fun to be around! They tend to cooperate more, have better control over their emotions and are typically more motivated throughout the day. Sleep contributes to their ability to pay attention more and therefore they are able to do better in school.
- Take the time to help kick-start your child's day with a healthy breakfast. A good breakfast can improve their mood and attitude and help them to stay focused in class longer.



LEARN MORE ABOUT THE PERFORMANCE TRIAD:  
**SLEEP**, **ACTIVITY**, AND **NUTRITION**.  
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)







## Performance Triad Fact Sheet

# Setting Your Child Up for Success – their brain is developing fast!

## Rest it!

Children need sleep

Age (years)	Sleep (hours)
3-5	10-13 hr
6-13	9-11 hr
14-17	8-10 hr



## Stony Brook School of Dental Medicine

In a recent study, researchers found well-rested teenagers tend to make more healthful food choices than their sleep-deprived peers. Teens who lack adequate sleep not only eat more junk food but also eat less healthy foods. Teens who slept less than 7 hours per night were more likely to eat fast food two or more times per week and eat less fruits and vegetables. <http://bit.ly/Vfrjrm>

**NATIONAL SLEEP FOUNDATION**  
celebrating 25 years | 1990-2015

Ensuring children get enough sleep helps them to thrive academically. All children, including college students, need to have the energy and ability to concentrate, focus and recall information. Sleep facilitates these abilities. One of the best predictors of school failure is children's fatigue. A study of students in New England revealed that those who reported high grades had significantly more sleep on school nights than those with lower grades. Students who received Bs got between 17-33 minutes more sleep than students with Cs. They also went to bed earlier. On the weekends, students with lower grades went to bed 2.3 hours later than students with A/B grades. <http://bit.ly/1oq7wme>

Sleep for Kids, Teaching Kids the Importance of Sleep  
<http://www.sleepforkids.org/>

National Sleep Foundation  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

Children's Storybook Apps from the American Academy of Sleep Medicine  
<http://www.aasmnet.org/childrensapp.aspx>

## Feed it!

Demand healthy foods for your child

Lack of adequate consumption of specific foods, such as fruits, vegetables, or dairy products, is associated with lower grades among students.

### Journal of Nutrition and Metabolism

Student participation in the United States Department of Agriculture (USDA) School Breakfast Program (SBP) is associated with increased academic grades and standardized test scores, reduced absenteeism, and improved cognitive performance (e.g., memory).

Kleinman RE, Hall S, Green H, Korzec-Ramirez D, Patton K, Pagano ME, Murphy JM. Diet, breakfast, and academic performance in children. *Annals of Nutrition & Metabolism*. 2002;46(suppl 1):24-30.

### Oral Health in America: A Report of the Surgeon General

\*Dental caries (tooth decay) is the single most common chronic childhood disease-5 times more common than asthma and 7 times more common than hay fever.

\*The social impact of oral diseases in children is substantial. More than 51 million school hours are lost each year to dental-related illness.

\*Pain and suffering due to untreated diseases can lead to problems in eating, speaking, and attending to learning.

<http://www.nidcr.nih.gov/DataStatistics/SurgeonGeneral/sgr/welcome.htm>

## MyPlate Kids' Place



### WHERE TO START:

Dietary Guidelines for Americans and MyPlate  
<http://www.choosemyplate.gov>

Fruits and Veggies, More Matters  
<http://www.fruitsandveggiesmorematters.org/>

Academy of Nutrition and Dietetics, Children's Health, Eat Right at School <http://www.eatright.org/Public/>

Kids Eat Right <http://www.eatright.org/kids>



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# Help Keep Your Child Healthy Through Exercise And Physical Activity!

### **FACT: Your Child Needs Regular Activity to be Healthy!**

Did you know that children ages 6-17 should have 60 minutes per day of activity for good health? This can be from organized sports, unorganized play, family exercise and activities, or any combination of those! Boys should have approximately 13,000 steps per day and girls should have about 11,000 steps per day of activity.

### **FACT: Weight Training is Safe and Healthy for your Child**

Parents often ask, "should my child do resistance or strength training?" Yes! Strength or resistance training can be introduced when a child is ready for sports activities (usually around age 7 or 8) and should be performed 2 or 3 times a week to increase strength and contribute to fitness. Weights should be light and progressed slowly to avoid injuries. Both the American College of Sports Medicine (<http://bit.ly/1nCTBaO>) and the National Strength and Conditioning Association (<http://bit.ly/W6LXey>) recommend resistance training as being safe for children and adolescents.

### **FACT: Exercise and Activity Improve Academic Performance and Reduce Stress**

Did you know that physical activity and exercise can reduce symptoms of depression and anxiety in children, as well as improve academic performance? Physical exercise and activity has a positive effect on the brain's health and function as well as the body's fitness.

### **FACT: Exercise Should Be a Part of Weight Management for Your Child**

Activity and exercise will definitely be helpful in maintaining a healthy weight for children and for helping overweight children lose weight. It's important to remember that it takes more than exercise to maintain a healthy weight, and changes in diet and eating habits are the most important thing you can do for healthy body weight. Ask your healthcare provider if you are concerned about your child's weight.

### **How Can I Help My Child be More Active?**

- Reduce screen time (TV, computer, video games, and phones).
- Take a family walk after dinner.
- Play at the park or go for a family bike ride or hike.
- Explore opportunities to learn a new activity (such as martial arts, dance, or yoga).
- Volunteer for your child's sports team or physical activity event.
- Invite them to take part in your physical activity.

### **Where Can I Find Out More?**

- The First Lady's 'Let's Move' campaign: <http://www.letsmove.gov/>
- Youth Physical Activity Guidelines Resources at the Centers for Disease Control and Prevention: <http://1.usa.gov/UaKnqL>



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## How Can I Help my Child Recover from a Concussion?

**The brain needs time to heal following a concussion. If your child has been diagnosed with a concussion, here are some general treatments recommended for children of all ages.**

### 1. Brain Rest

Limiting activities that require thinking is just as critical as physical rest while your child is recovering from a concussion. This may mean a temporary absence from school, reduction of assignments and reducing the amount of time your child plays video games or uses other electronics.

### 2. Physical Rest

Generally, physical activities should be limited until a healthcare provider determines your child can resume their normal activities. This includes sports, physical education/gym class, and other recreational activities. Work with your child's healthcare provider to gradually have your child resume their normal activities.

### Prevention

There are many ways to reduce the chances of our young people sustaining a concussion, such as ensuring they are buckled up every time they ride in a vehicle, making sure they wear a properly fitted helmet when riding a bike or skateboard, while skiing or snowboarding or playing sports such as football or while batting and running bases in baseball and softball.

### Talk with your child about Concussion

Learn more about concussions with your child. Talk about ways to prevent concussions and about recovering from a concussion if your child has been diagnosed with one.

For more information, please visit:  
<http://www.cdc.gov/headsup/index.html>



### Back to School and Sport

With proper rest and treatment, most kids can get back to school and sports in a short period of time.

However, each concussion is different and each child responds differently to treatment. If there are any concerns about the recovery period, please talk to your healthcare provider!



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# Improve Your Child's Health Through Good Nutrition!

**FACT:** Nutrition is directly linked to school performance. Studies have shown that kids who eat a well-balanced breakfast AND lunch do better in school. Kids who eat breakfast have more energy throughout the day, have improved concentration, get better grades, and maintain a healthy weight.

**FACT:** Eating regular meals helps to maintain and sustain physical and mental energy and assists with good behavior throughout the day to help kids do well in school.

**FACT:** Choosing healthier beverage choices, such as low-fat milk or water instead of sugary drinks, are associated with better child/adolescent health. Medical studies continue to show that sweetened drinks (with real or artificial sweeteners) can lead to overweight/obesity and other medical conditions. Bring a water bottle to school and fill it up for the day.

**FACT:** Remember food is fuel for your child's performance! If your child plays sports or is physically active, plan their day with healthy meals and snacks to fuel their mental and physical performance.

## WHERE TO START:

Dietary Guidelines for Americans and MyPlate (<http://www.choosemyplate.gov>)

The Dietary Guidelines for Americans describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and lean protein.
- Lean protein can be: poultry, fish, beans, eggs, and nuts.

- Select calcium rich foods such as milk, yogurt, or soymilk.
- Select foods low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

**MyPlate helps individuals use the Dietary Guidelines to:**

- Make smart choices from every food group.
- Find balance between food and physical activity.
- Get the most nutrition out of calories.
- Stay within daily calorie needs.

*\*\*The Dietary Guidelines and MyPlate recommendations are appropriate for the general public over 2 years of age.*

## BECOME A MYPLATE CHAMPION FAMILY!

Pledging to be a MyPlate Champion family is a promise to eat healthy and be active every day. Here are some ideas for kids eating at school:

- Eat more fruits and veggies. Make half your plate fruits and vegetables every day!
- Try whole grains. Look for oatmeal, whole-wheat breads, or brown rice at meals.
- Re-think your drink. Drink fat-free or low-fat milk or water instead of sugary drinks. Limit fruit juice and go for whole fruit instead.
- Focus on lean protein. Choose protein foods like beans, fish, lean meats, and nuts.
- Slow down on sweets. Eat sweets, like cakes or cookies, once in a while and in small amounts.
- Be active your way. Find ways to exercise and be active for at least 1 hour a day like walking to school, riding your bike, or playing a sport with friends.



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## Think Your Child's Drink: Caffeine and School Performance Don't Mix!

### DID YOU KNOW

- Too much caffeine can impair your child's growth and development.
- Caffeine can raise a child's heart rate and blood pressure.
- Children can have difficulty sleeping and concentrating from taking too much caffeine.

### There is No Comparison!

The best beverages to offer children are low-fat milk and water – they are both hydrating, caffeine free and low-fat milk is loaded with nutrients.



#### Learn more about the dangers of caffeine:

Hidden Sources of Caffeine: <http://bit.ly/hiddencaffeine>  
 Caffeine and School Performance: <http://bit.ly/caffeineandschoolperformance>  
 Academy of Nutrition and Dietetics: Is Your Child Over-caffeinated? <http://bit.ly/overcaffeinated>  
 The Hard Facts About Soft Drinks: <http://bit.ly/softdrinksandkids>

### Common Caffeine Sources

The most common sources of caffeine are beverages – coffees, soda, and energy drinks.

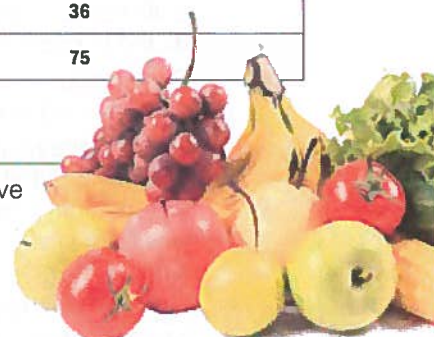
> For a more detailed list, go to: <http://bit.ly/caffeinechartfull>



SOURCE	CAFFEINE (mg) PER SERVING
Energy Drinks - 20 ounce can	260
Coffee - 12 ounce cup	164
Coffee Drinks (lattes, mochas) - 12 ounce cup	116
Caffeinated Teas - 8-ounce cup	36
Caffeinated Sodas- 20-ounce bottle	75

### Limit the juice, go for whole fruit.

Fruit juice is often perceived as healthy, but can have as much sugar and calories as regular soft drinks.



8 oz. Soda	8 oz. Low-fat Milk
104 calories	102 calories
24 gm carbohydrates	13 gm carbohydrates
24 gm added sugar	0 gm added sugar
24 mg sodium	107 mg sodium
0 mg potassium	366 mg potassium
30 mg caffeine	0 mg caffeine
0 gm protein	8 gm protein
0% vitamin A	13% Vitamin A
0% calcium	30% calcium
0% Vitamin D	27% Vitamin D

### Caffeine –Free Tips for Kids:

- ☐ Replace sodas with water, low-fat milk, diluted 100% fruit juice or a low-sugar carbonated beverage
- ☐ Enjoy caffeine free soda as an occasional treat
- ☐ Instead of coffee, allow caffeine-free hot tea
- ☐ Be a role model – minimize or eliminate caffeine from your own diet
- ☐ Educate children on the dangers of caffeine
- ☐ Allow chocolate and other food sources of caffeine as an occasional treat



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## A Healthy Mouth Can Improve Your Child's School Performance! Frequently Asked Questions

**1. Is dental disease an American Problem?** Nearly 40% of children start Kindergarten with tooth decay; almost 15% having 7 or more teeth with disease activity. Studies show that poor dental health negatively impacts children's school performance.

### 2. How does dental health affect school performance?

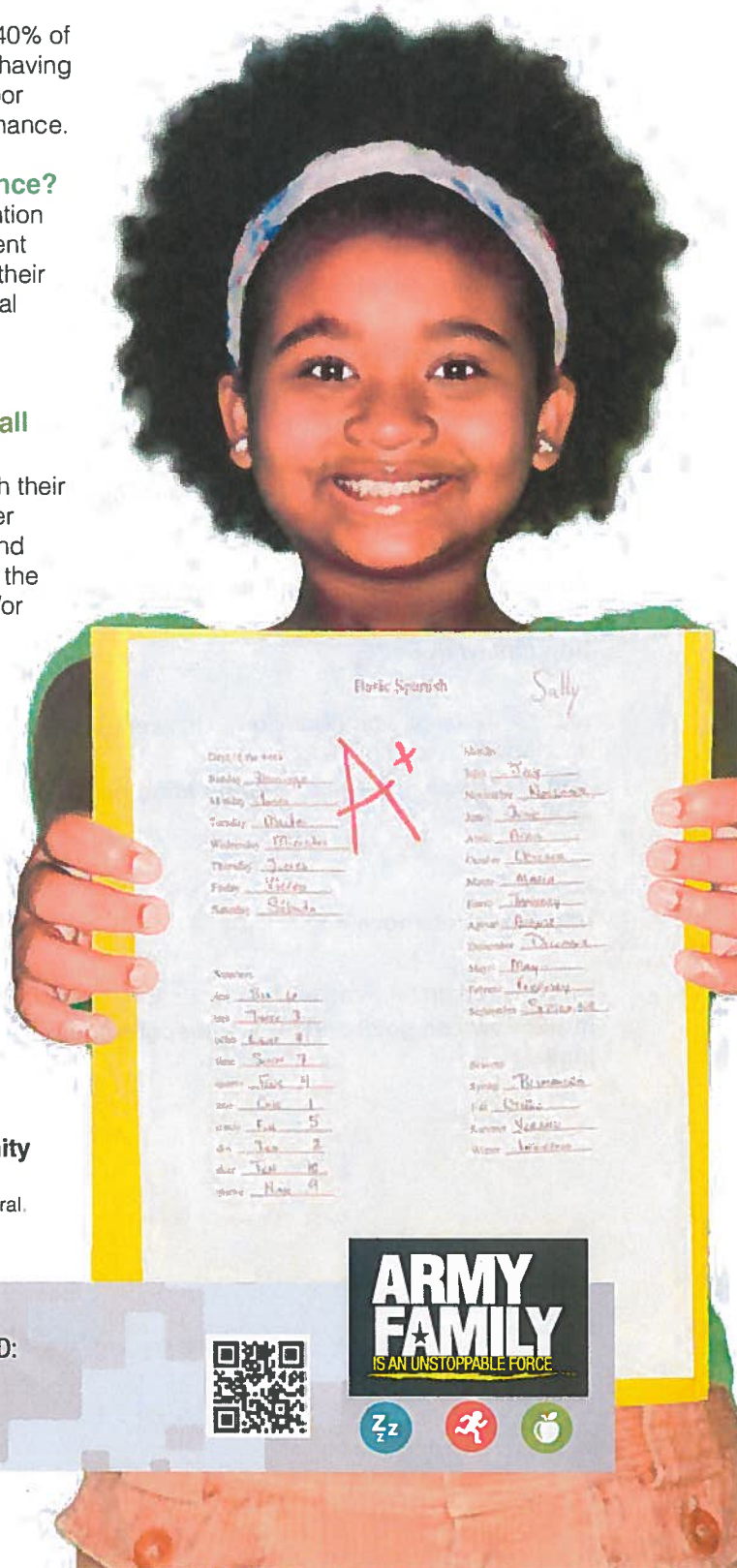
Children with dental pain have a difficult time paying attention in class. They often experience delayed social development and low self-esteem when it affects their speech or when their disease is noticeable to other children. Children with dental disease miss more days from school which disrupts their learning process.

### 3. Does my child's dental health impact their overall health?

Yes, dental disease can prevent your child from choosing healthy fruit and vegetable options, interfere with their quality of sleep and their interest in physical activities; over time this can have an impact your child's overall growth and development. Seeking dental treatment early can prevent the spread of dental infection to other parts of the mouth and/or body.

**4. At what age should I begin taking my child to the dentist?** Schedule your child's first check-up before their first birthday. Continue to visit twice a year for dental check-ups. Summers and school breaks are great times to visit your Tricare approved dentist.

**5. Limit the sugars.** Eating or snacking more than five times a day increases risk for decay. Replace sugary foods and beverages with some raw fruits and vegetables. Provide them more water throughout the day, it rinses away foods and protects against decay. Make brushing with fluoride toothpaste a part of your child's morning and bedtime routine. Soft bristle toothbrushes are recommended.



**DID YOU KNOW**

**51 million hours of educational opportunity are lost each year due to dental disease.**

Oral Health in America: A report of the Surgeon General.



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**ARMY FAMILY**  
IS AN UNSTOPPABLE FORCE







## **Performance Triad**

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